OPERATION ENDURING FREEDOM

Redeployment Preventive Medicine Measures (Afghanistan)

Presenter's Name
Presenter's Command
Local Contact Information

Prepared by:

U.S. Army Center for Health Promotion and Preventive Medicine

(800) 222-9698/ DSN 584-4375/(410) 436-4375 http://usachppm.apgea.army.mil

Redeployment Medical Briefing

- Purpose of this briefing
- Background on health concerns
- Key medical threats for Afghanistan
- Redeployment Health Assessment
- Homecoming stress
- The DoD Deployment Health Clinical Center

Purpose

To ensure that any concerns you may have about your health are addressed and that you understand the medical requirements for re-deployment



Background

- Your risk of illness and disease does not stop because you are leaving the area of operations.
- You may have been exposed to conditions which require continued medical care
- Return home and stay safe and healthy
- Keep your family and loved ones healthy

Redeployment Health Guide

- Unfold YOUR Redeployment
 Guide
- Basic information and resources
- Reference Guide for this Briefing

This guide is for use by all active/reserve component military, civilian, retiree, and contractor personnel. Any individual who is returning from any type of military operation should keep and refer to this guide.

Key Medical Threats

Malaria

Tuberculosis

Whooping Cough

Malaria



- Blood parasite transmitted by mosquitoes
 - Continue taking your malaria medication while on R&R leave and on TDY so that you are protected from the moment you return
 - If redeploying, continue to take your malaria medication until told to stop by unit medical personnel
 - Take the complete course (14 days) of terminal malaria medication (primaquine) to kill any remaining dormant parasites
 - Ensure you personally know your G6PD status before taking this medication. Do not take primaquine if blood testing reveals that you are G6PD-deficient

Tuberculosis

- Close contact with local nationals (LNs) may have exposed you to tuberculosis while in theater.
- Tuberculosis is a slow infection that can take months or years to infect the lungs and cause symptoms of disease
- A simple skin test can be used to test you for possible exposure to the disease

- You must return 2-3 days after the test to have it read and documented by a health care professional
- Skin testing allows for early detection and treatment

Whooping Cough (1 of 2)

- Whooping cough also called pertussis is an extremely contagious infection of the respiratory tract You may be ill with pertussis if you have had coughing lasting more than two weeks with any of the following:
 - heavy bouts of coughing (coughing attacks)
 - a high-pitched "whoop" sound at the end of coughing attacks as you gasp for air
 - vomiting after a heavy bout of cough
- Although generally causing a mild or moderate disease among adults, pertussis can be fatal in the very young
- you were vaccinated against this disease as a child, but your immunity may have decreased over time
- an adult booster vaccination is available

Whooping Cough (2 of 2)

- Seek treatment if you experience coughing spells lasting longer than two weeks with any of the following:
 - breathing in with a high pitch sound
 - heavy bouts of coughing
 - or vomiting after heavy coughing
- Antibiotics are available
- If ill with whooping cough, you are most contagious for three weeks after you have started coughing, unless treated
- If you have whooping cough or were exposed to someone who has whooping cough:
 - avoid contact with infants (less than 12 months old)
 - avoid contact with pregnant women
- If contact is unavoidable in the performance of your duties seek medical treatment to prevent the spread of infection

FOR MORE INFORMATION CONTACT YOUR HEALTHCARE PROVIDER PRIOR TO CONTACT 11



My Medical Readiness (view related content ▼)

Send Feedback Send Feedback Send AKO Link Add to Favs

Deployment Health Assessments

> DEPLOYMENT HEALTH ASSESSMENTS PDHRA

Soldiers deploying or redeploying from theater can now complete their portion of the Pre, Post or Post Deployment Health Reassessment online before their scheduled deployment processing at which time a medical provider will complete the assessment with the Soldier. Do not complete online unless instructed to do so by your Chain of Command. Click here (Deployment Health Assessments) to begin your assessment.

Ultimate Warrior Community ▶▶▶

Ultimate Warrior Community



Post Deployment Health Re-Assessment (PDHRA)



Soldiers deployed to a combat zone for more than 30 days are eligible to complete the Post Deployment Health Reassessment (PDHRA) 90-days after redeployment/de-mobilization, ** As a goal, Commanders should attempt to screen Soldiers 90-180 days after their return.

The POCs for the PDHRA program are:

Department of the Army

LTC Kenneth Ross

e-mail: Kenneth.Ross@hgda.army.mil

Active Army

COL Phyllis Chelette

e-mail: Phyllis.Chelette@us.army.mil

 Available through AKO under the "Self Service "tab click "My Medical", then select "My Medical Readiness Data"

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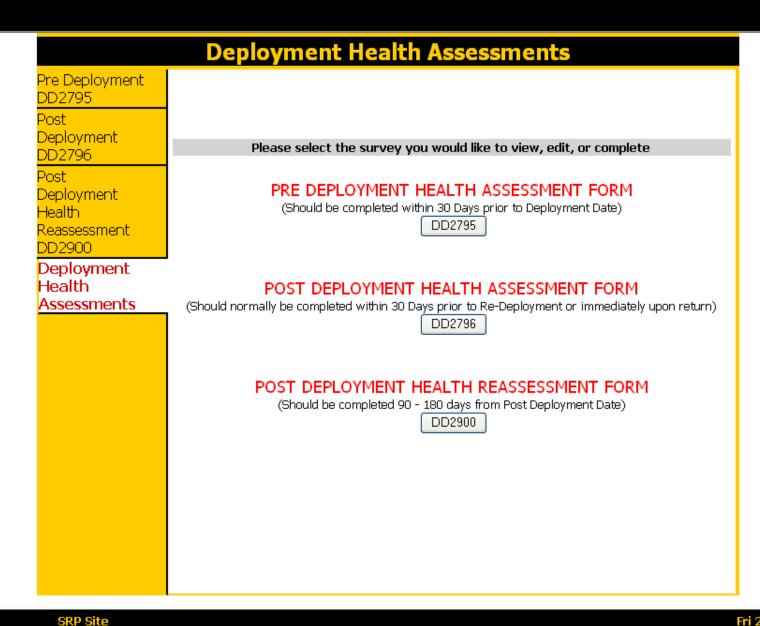
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ierswho would like to receive additional information regarding PDHRA

Commanders who would like to receive additional information regarding







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Post-**Deployment** Health **Assessment Form**

Page 1: **Service** Member **Administrative Information**



POST-DEPLOYMENT

Authority: 10 U.S.C. 136 Chapter 55. 1074, 3013, 5013, 8013 and E.O. 9397

Principal Purpose. To assess your state of health after deployment outside the United States in support of military operations and to assist military healthcare providers in identifying and providing present and luture medical care to you.

Routine Use: To other Federal and State agencies and civilian healthcare providers, as necessary, in order to provide necessary

Disclosure: (Military personnal and DoD civilian Employees Only) Voluntary. If not provided, healthcare WILL BE furnished, but comprehensive care may not be possible.

INSTRUCTIONS: Please read each question completely and carefully before marking your selections. Provide a response for each question. If you do not understand a question, ask the administrator,

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DD FORM 2796, APR 2003



Post-Deployment Health Assessment Form

- DD Form 2796 <u>must</u> be completed no more than 30 days prior to departing for home station
- Page 1: Administrative information
 - Deployment location
 - Country, list all
 - Operation Enduring Freedom

You will need your DD 2796 in hand to depart from theater

Do not pack it in your bags 16

Post-Deployment Health Assessment Form

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Post-Deployment Health Assessment Form

- Page 2: Service Member Report
 - Report vaccinations, medications, and health care during deployment process
 - Report experiences, symptoms or concerns
- Page 3: Service Member Report
 - Report possible exposures and duration
 - Identify potentially hazardous situations that may concern you

You will need your DD 2796 to out-process from theater 18

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PostDeployment Health Assessment Form

Page 4: Health Care Provider Assessment

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Reset



Reunion with Family and Friends

 Reunion is a part of the deployment cycle and can be filled with joy and stress.
 Reintegration into the family structure is a critical process.

 Refer to the A Soldier and Family Guide to Redeploying for things to

remember during reunic friends.

 Chaplains and counselor are available to help cop with homecoming stress

Homecoming Stress

- Do not expect things to be exactly the same, especially if returning from a long deployment
- Ease back into roles; do not rush things
- Children may be withdrawn
- Spouse may be moody or depressed
- Financial and property issues may require immediate attention
- If needed, seek counseling from Chaplain or medical personnel

DoD Deployment Health Clinical Center

Walter Reed Army Medical Center 6900 Georgia Avenue, NW Building 2, Room 3G04 Washington, DC 20307-5001 Phone: (202) 782-3577

DSN: 662-3577

Toll Free Help Line: (800) 796-9699

Europe Toll Free: 00800-8666-8666

http://www.pdhealth.mil

Remember "deploymenthealth.mil"

Summary

- Continue taking your malaria medication until directed otherwise by unit medical personnel
- Continue taking malaria medication while on R&R leave or TDY
- Determine your G6PD status and unless deficient take the full 14 days of primaquine after redeployment
- If infectious with whooping cough, seek medical care at least five days prior to close contact with infants and women who are pregnant

Conclusion

It is important to the US military and the Nation that you enjoy good health as you rejoin your family and friends upon return to home station.

If you have health problems or concerns, it is critical that you let someone know. It will not delay your departure for home station.

What are your questions?